



Marine debris is a serious threat to the health of our ocean and all inhabitants. 80% of all marine debris is from land-based sources and is transported off shore by wind and ocean currents or dumping. According to the Ocean Conservancy, between 5 and 12 million tons of plastic enter the ocean annually from land-based sources. ***Thank you for doing your part by participating in a beach, river or marina clean-up. Together we can Save Our Seas!***

Supplies (check to see what is provided by your event organizer and what you need to bring)

- Gloves (preferably reusable, work or garden gloves are best)
- Pickers or grabbers (optional)
- Buckets for collecting trash
- Tally sheets and pencils or CleanSwell App installed on phone
- Scale(s) for weighing trash
- Protocol and/or specialized container for hazardous waste (an empty detergent bottle with lid is a good option for sharps - i.e. broke glass, needles)
- Scissors, knife or small shovel for removing trapped items
- Always a good idea to have a First Aid Kit on hand

Upon Arrival:

- Sign in with event coordinator(s). Review site (point out any areas to be aware of, i.e. parking lots, restricted areas, sensitive vegetation, safety protocol and how to tally trash using data sheets or CleanSwell app).
- Each group (2-5 participants typically) needs: Clipboard/tally sheet/pencil or the CleanSwell App downloaded and installed on a phone. Gloves, trash pickers/grabbers if available, bucket or garbage bag.
- Assign one person to record the trash, one to carry the bucket/bag and the rest are tasked with picking up the trash. Stress the importance of data collection.
- Point out area/section for group to focus on, time allotted and location to return to with garbage for weighing, proper disposal and recycling if available

Everyone is encouraged to take photos throughout the event as well as a group photo at the end and submit to [NAMEPA Education](#). Tag us! @namepa1 #SaveOurSeas

Tips for a successful beach or river clean up.

- Plan ahead! Make sure all participants know the location and check in with event coordinator(s) on procedures for picking up, logging and disposing of trash.
- Many town/cities require permits for events and coordination with facilities for timely removal of trash picked up. Make sure this is all planned in advance.
- Dress for the weather! Make sure you are wearing sturdy shoes that can get wet, muddy and protect your feet from any potential hazards (i.e. broke glass, rocks) bring a hat, sunscreen, bug spray and water to stay hydrated.

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